



Published on *Edmonton Ultimate Players Association* (<http://eupa.ca>)

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EUPA Self Rank Rating

What is the EUPA Self Rank Rating?

The EUPA Self Rank Rating is designed to help our league and tournament organizers create evenly matched teams and divisions. It is not intended to be a comparison from player to player, because all it takes is one good cut and one good throw for a 4 ranked player to beat a 7.

It's important that you update your EUPA Self Rank Rating at the beginning of every season to reflect your growth... or aging body.

Determining Your EUPA Self Rank Rating

You should find that there are three types of players on the scale.

Players with a rank 1-3 are probably fairly new to ultimate, haven't spent tons of time developing skills, and aren't used to the amount of running.

Players with a rank 4-6 are players that have played Ultimate for several seasons or many years, have developed their skills through playing league, and might play several tournaments a year.

Players with a rank 7-9 are generally players that have refined their skills through years of practices, training, and getting beat by teams way better than them. The terms used are Ultimate specific so if you don't know the meaning of some language used (ie- sky, read, box, I-O, O-I) you might not meet that criteria.

The *CAPITALIZED sentences are to be treated as stops. If the statement is false about you then you shouldn't rank yourself higher than the previous number. If the statement is true about you, you may rank yourself above or below that level.

Please rank yourself in the following 4 categories and take the average to come up with your final Player Rank. Read all the descriptions, use your best judgment. Be honest... and no sandbagging!

EUPA Player Rank = (Catching + Throwing + Athletic + Experience) / 4

A) Catching Ability

- 1 I have caught a Frisbee before.
- 2 I can catch a Frisbee thrown to me in practice most of the time.
- 3 I may have trouble catching throws that aren't right to me.
- *I CATCH MOST THROWS THAT ARE TO ME AT CHEST HEIGHT***
- 4 I can catch most of the time standing and often while running, below my knees and above my head.
- 5 I can catch running most of the time, and with my weak hand; I still get the dropsies.
- 6 I can catch most things thrown to me, some things thrown near me, and jump and catch at the peak of my jump.
- *I LAYOUT ON OFFENSE***
- 7 I expect to catch throws to me, although I might not every time. I run through the disc and often catch layout bids.
- 8 I read, box, and sky. I expect to catch difficult throws, even if they are fast or not right to me.
- 9 I expect to catch all throws, and make it look easy.

B) Throwing Ability

- 1 I have thrown a Frisbee before.
- 2 I use forehands and backhands in practice, but only use one throw in games.
- 3 I avoid my weaker throw, and often find throwing with a mark overwhelming.
- *I CHOOSE TO USE BOTH FOREHANDS AND BACKHANDS IN GAMES WITH A MARK***
- 4 I can throw forehand and backhand. I can pivot and switch grips between them.
- 5 My force side throws are usually completed, I sometimes use fakes.
- 6 I look to break my mark and I can throw comfortably in the wind.
- *I CAN HUCK THE DISC HALF THE FIELD FOR COMPLETION WITH A MARK***
- 7 All my throws are usually completed and I use a variety of throws.
- 8 I fake, huck, and break. I complete I-Os, O-Is, hammers, thumbers, scoobers.
- 9 I am a threat to break or huck and don't throw the disc away. I track my completion rate.

C) Athletic Ability

- 1 I don't consider myself much of an athlete.
- 2 I may or may not consider myself athletic, but have played sports before.
- 3 I like to run around and enjoy playing sports for fun.
- 4 I am reasonably fit but find myself chasing and following the play.
- 5 I am reasonably fit and can keep up with the speed of the game.
- 6 I am fairly fit and can keep up with the play. I can start, stop, and change direction quickly. I have endurance.
- 7 I am an athletic player with good lateral movement. I have quick motion and good reflexes.
- 8 I am an athlete and an explosive player. I play fast, hard, and all day.
- 9 I never get tired, am always in position, and my speed and agility are top notch.

D) Experience

- 1 I'm not familiar with ultimate; I may have had some things explained to me or read the Ten Simple Rules.
- 2 I have played ultimate a little bit before and understand the general idea of the game.
- 3 I have played at least a season of ultimate. I've learned the basic rules from playing and know about picks and fouls.

- 4** I am starting to learn about more advanced structures and throws. I generally know the rules of the game but might not be comfortable with knowing when to call picks, violations or fouls.
- 5** I've played at least a couple seasons and have confidence with the disc. I may have a leadership position on my league team. I generally know the rules; I may be unsure of exact definitions or when I should contest a call.
- 6** I've played several seasons and know vertical and horizontal offenses and some zone defenses. I've read the Official 11th edition, and I generally know when to make or contest calls and what should happen as a result
- *I HAVE PLAYED ULTIMATE COMPETITIVELY AND WORK ON IMPROVING MY SKILLS AND FITNESS FOR ULTIMATE***
- 7** I've played tournaments and may coach my league team. I'm comfortable with a variety of structures and with learning new ones. I know the rules fairly well and am comfortable answering questions and navigating the 11th edition.
- 8** I have lots of experience playing ultimate in leagues and tournaments. I know how to play and teach many structures. I know specific definitions in rules and can describe their interpretations accurately.
- 9** I have tournament experience on competitive teams and know the ins-and-out of all styles offense and defense. I know the rules inside and out and can usually quote the rules including the section to find them. I assume the main leadership role on my teams in Edmonton.

Source URL: <http://eupa.ca/node/1117>